

I Quit —

**to set a good
example for my kids.**

You've got your own reasons to quit commercial tobacco, so call the free Montana Tobacco Quit Line—a free cigarette and spit tobacco cessation program.

- ***FREE nicotine replacement therapy—such as the patch****
- ***A FREE program with personal advice***
- ***FREE educational materials***
- ***FREE calls with a quit coach***

Now I'm free from commercial tobacco.
And this time, it's for good.

*Nicotine replacement therapy (such as the patch) is available for qualified individuals over 18 enrolled in the program.

Montana Tobacco Use Prevention Program
Department of Public Health & Human Services

1-800-QUIT-NOW

MONTANA TOBACCO

QUIT *LINE*
1-800-QUIT-NOW

